S: long day-mental toughness day!
8 x 500, odds are RPE3, evens RPE 5

Another mixed session. This time we’re doing the bike and run together. Work in the swim either early or late but not within several hours of the brick session.

S: 12 x 100 (alternate each 100 with normal breathing and bilateral)

B: 60 minutes with first 30 minutes at RPE4, last 30 minutes at RPE 7.
R: 30 minutes after bike. First 10 minutes at RPE 3, last 20 minutes at RPE 5.

Strong stretch!

R: 45 minutes at RPE 3 with strides every 5 minutes.

B: 90 minutes with hills

R: Almost 3 hour long run. Maintain RPE of 3 throughout. Use nutrition/hydration you worked on in past weeks. Long stretch afterwards and hearty recovery meal of both carbs and protein.

S: open water continuous swim, practice sighting and swimming straight.

R: 1 hour at RPE 3.

OFF!

B: 5.5 hours. Keep RPE 3-4 and include as many hills as you can find.
R: 20 minute recovery run afterwards at RPE 2

Week Goals
More mega hours!